

	Autumn - Winter Menu 2018 - 2019				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 1/10/18 29/10/18 26/11/18 24/12/18 & 2-4/1/19 (HC) 28/1/19 25/2/19 25/3/19	Jacket potato, with cheese, & baked beans and coleslaw Fresh fruit salad	Breaded fish, mashed potato, carrots & peas Homemade raisin cookies	Beef lasagne, with spinach salad Yoghurt & fresh fruit salad	Butter beans and vegetable risotto Seasonal fruit crumble & custard	Cous cous, boiled eggs & vegetables Bananas and custard
Week 2 8/10/18 5/11/18 3/12/18 7/1/19 4/2/19 4/3/19 1/4/19	Lentil , tomato and cheese bake; with pasta and vegetables Fruit flapjack	Chicken paella and roast peppers Fresh fruit salad	Salmon and broccoli noodles with vegetables Hot fruit crumble & custard	Cottage pie, with creamed vegetables (squash & carrot) Semolina and peaches	Pizza - ham and sweetcorn with pasta salad Spiced plums and Greek style natural yoghurt
Week 3 15/10/18 12/11/18 10/12/18 14/1/19 11/2/19 11/3/19	Falafel, couscous and vegetables Seasonal fruit crumble & custard	Salmon & white fish pie, carrots and peas Yoghurt & fresh fruit salad	Lemon roast chicken, roast potatoes and vegetables Fresh fruit salad	Spaghetti Bolognese, with roast courgettes & cheese Rice pudding	Wok brown rice with boiled egg and mixed vegetables Apple cake
Week 4 22/10/18 (Hol. Club) 19/11/18 17/12/18 21/1/19 18/2/19 (Hol. Club) 18/3/19	Rice and chickpea stew with seasonal vegetables Spiced apple & pears with Greek style natural yoghurt	Gnocchi ragu (mince and tomato sauce) & vegetables Fresh fruit salad	Tuna pasta bake and seasonal vegetables Peach & apricot clafoutis	Quiche - tomato & broccoli, mashed potatoes, and baked beans Lemon Cake	Quinoa salad with Quorn meat Natural yoghurt with cereal topping

Occasionally menu choices will be swapped around. The overall balance will remain the same. This menu has been put together using the voluntary food and drink guidelines for early years settings. For further information please see Sarah or Patricia.